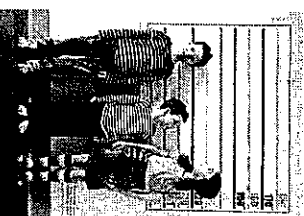


**Getting to Know "YOU"**  
*Helping Students Choose  
Majors and Careers*

*Presented by:*  
Christina M. Whitney, MS, NCC  
and  
Megan Maloney

Marywood University – Scranton, PA

When I grow up.....



What do I want to be?



What can I be?

I'm thinking....

- My mom is a nurse. I'll be a nurse.
- I love math (in 4<sup>th</sup> grade). I'm going to be a math teacher!
- I'm an athlete. Maybe I'll be an athletic trainer.
- I love animals. I'm going to be a veterinarian.

From Pigtails to Perfume.

- K to 5<sup>th</sup> = Awareness (exploration)
- 6<sup>th</sup> to 9<sup>th</sup> = Experience
- 10<sup>th</sup> to 12<sup>th</sup> (and beyond) = Plan!

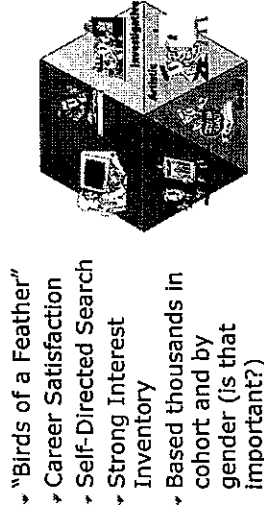
Where to Begin?  
The Theories, of counsel!

**Frank Parsons**  
"Father of Vocational Guidance"

**Donald Super**  
Social Learning – Career Maturity – Self Concept

**John Holland**  
"Birds of a Feather Flock Together"

**John Holland**  
*My Favorite*



**Just for fun.**

- Is it possible to determine a "fit" by using one assessment?
- What are the possible outcomes?
- Are there negative aspects?

**A cake mix is more than flour.**

- Interests
- Values
- Abilities / Obstacles
- Circumstances

**What about those standards?**

- Benchmarks at 3<sup>rd</sup>, 5<sup>th</sup>, 8<sup>th</sup>, and 11<sup>th</sup>
- 13.1 Career Awareness & Preparation
  - 13.2 Career Acquisition
  - 13.3 Career Retention & Advancement
  - 13.4 Entrepreneurship

**The Possibilities are Endless!**

